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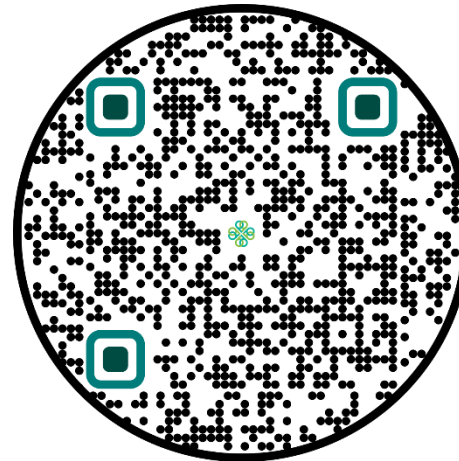
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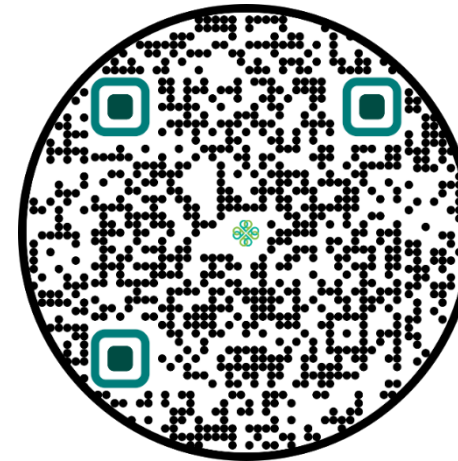
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From Goals to Growth: Building Habits That Last

Plaza Clients

December 2025

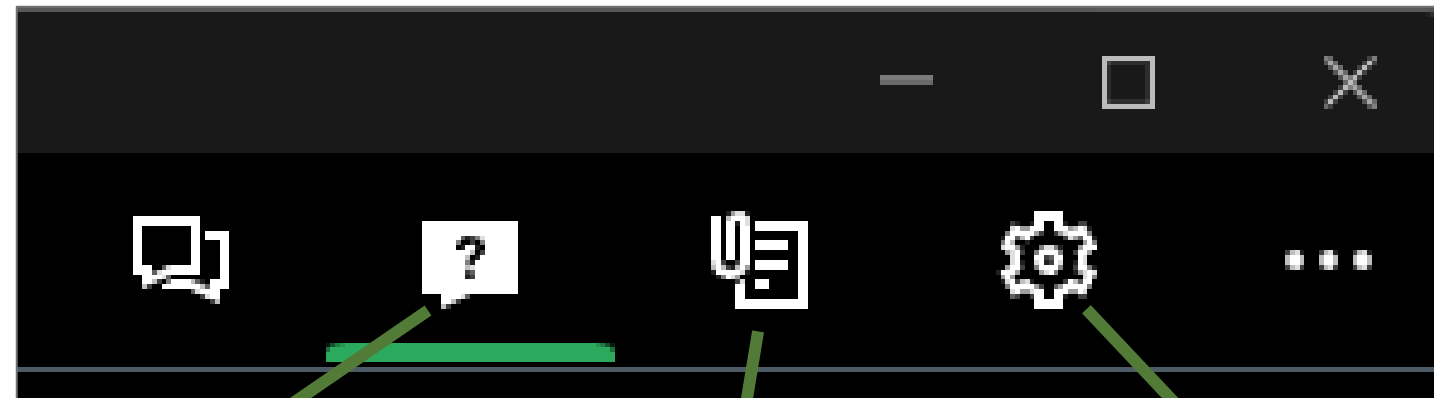
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Presenters



Katie Rinehart
Training Specialist

Agenda

A vertical line of six white circles, each connected to a horizontal bar by a short diagonal line. The bars alternate between dark teal and medium teal.

Why goals fail – and what works instead

How to build lasting habits

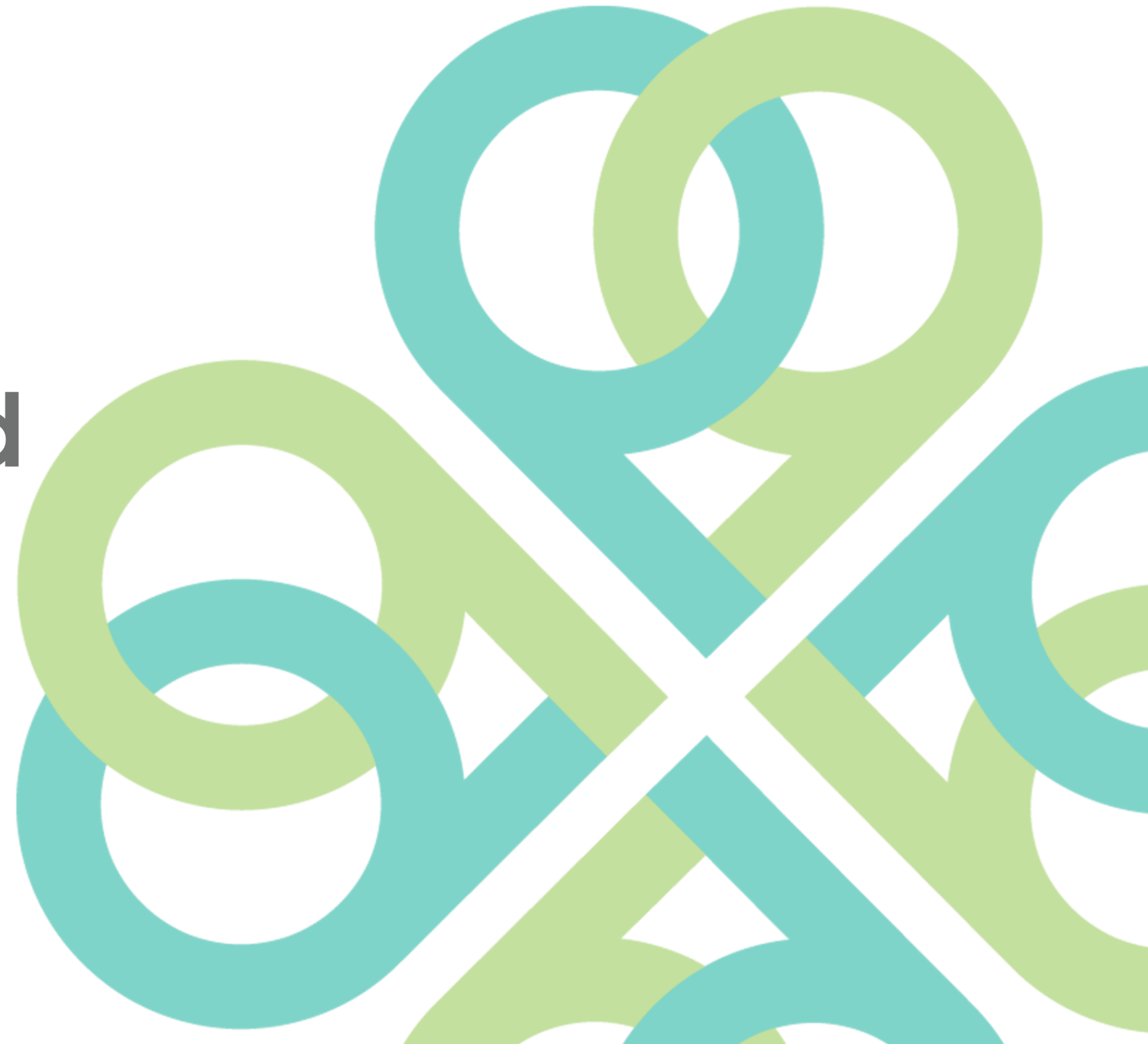
Staying consistent when motivation fades

Turning habits into growth

Recap and reminders

Your key takeaway

Why Goals Fail – And What Works Instead



The Resolution Trap



80% of people abandon their New Year's resolutions by mid-February

One 2023 survey found only 6% of participants maintained their resolutions over time



Common reasons:

- Goals too big or vague
- Relying on motivation alone
- No system for consistency

The Shift From Goals to Habits



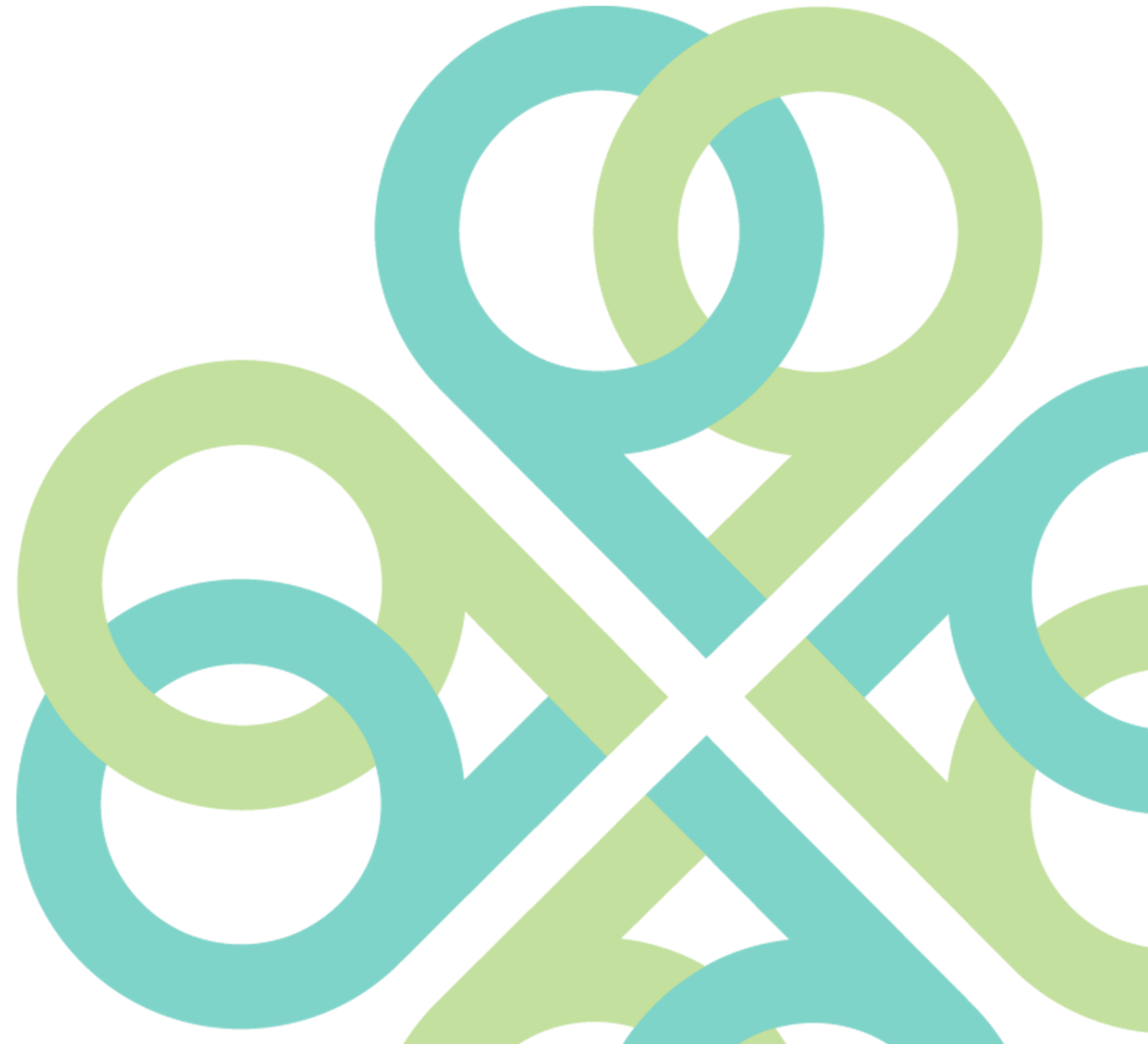
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**You do not rise to the level
of your goals. You fall to
the level of your systems.**

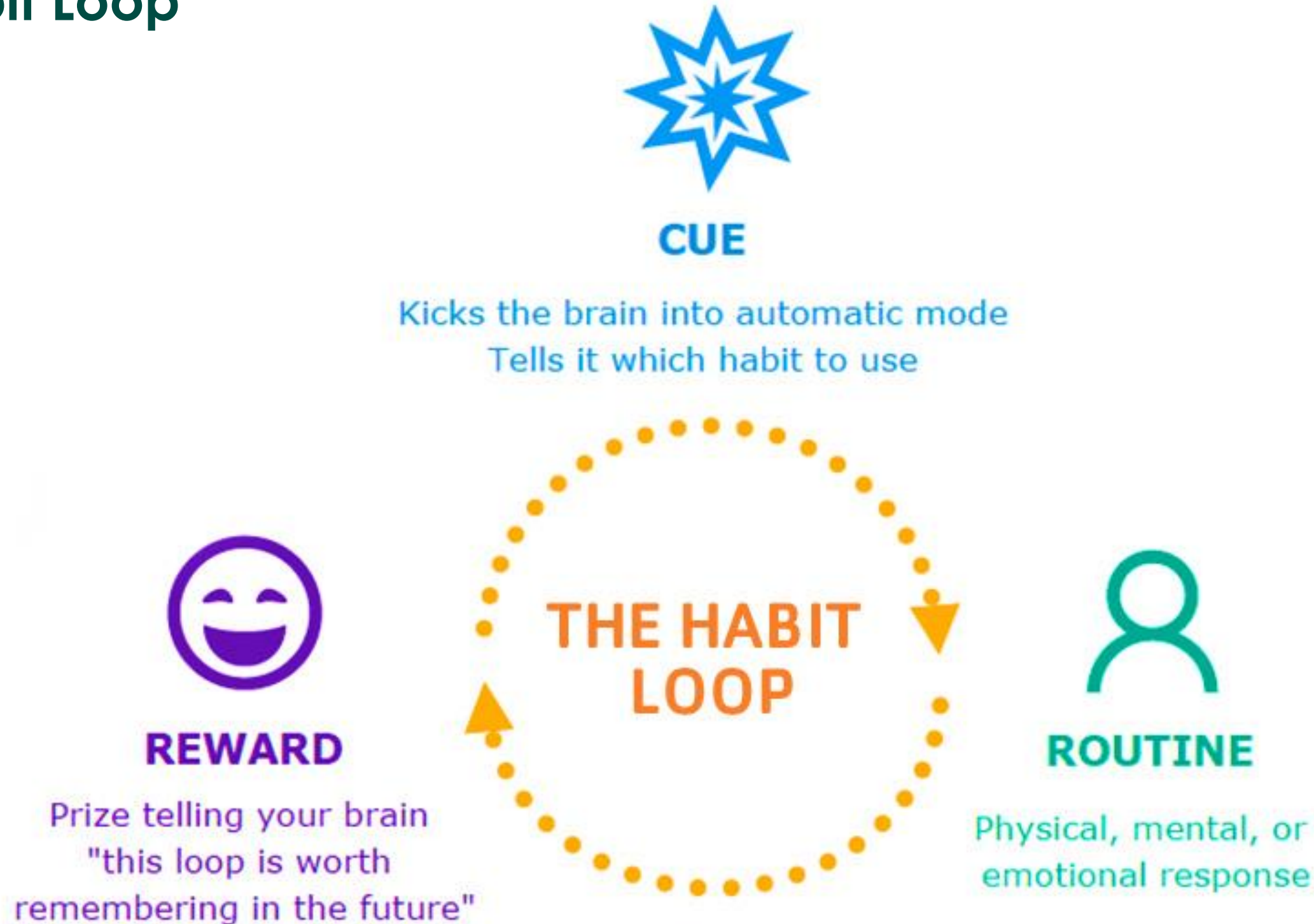
JAMES CLEAR
Atomic Habits

Focus on
daily actions,
not distant
outcomes

Build Lasting Habits



The Habit Loop



Start Small to Grow Big

Micro-
habits



Massive
change



Identity-Based Habits

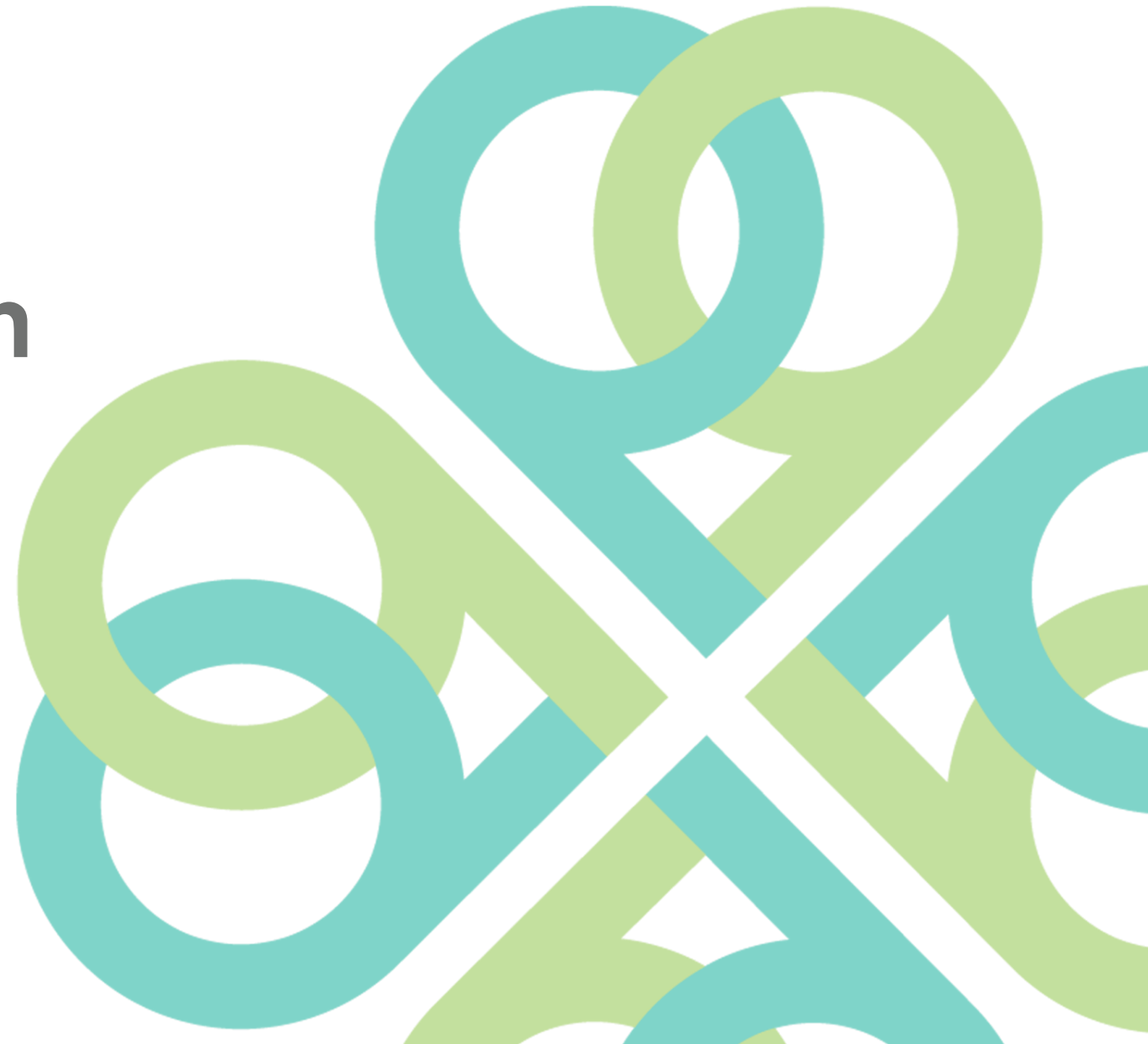


Don't just set goals, become the kind of person who achieves them



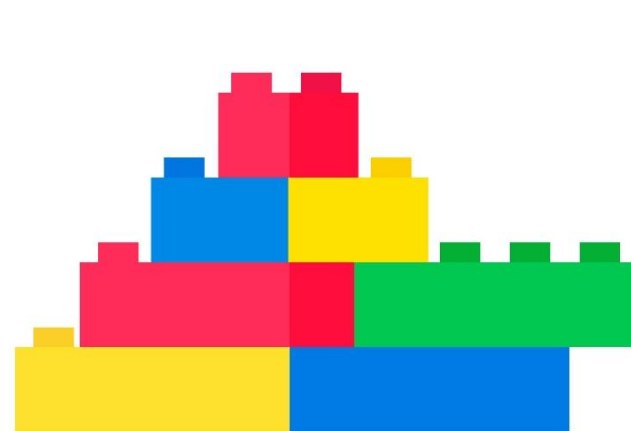
Start with *who* you want to become... "I am someone who..."

Staying Consistent When Motivation Fades

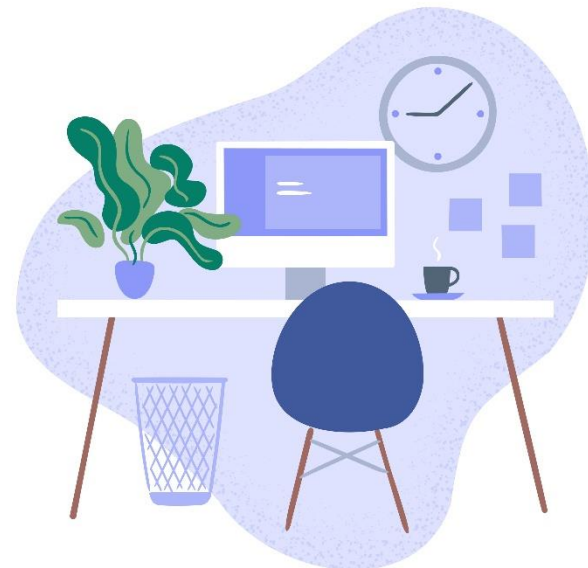


Systems for Consistency

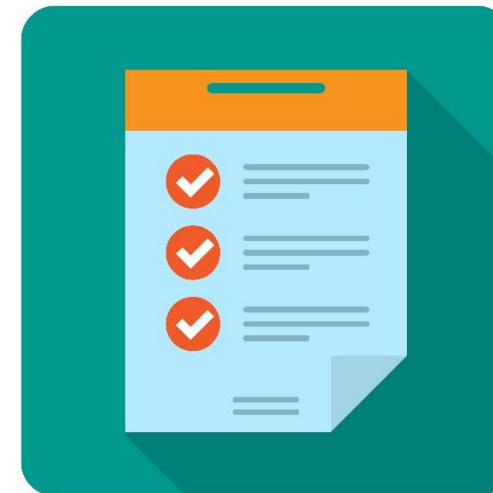
Habit stacking



Environment
design



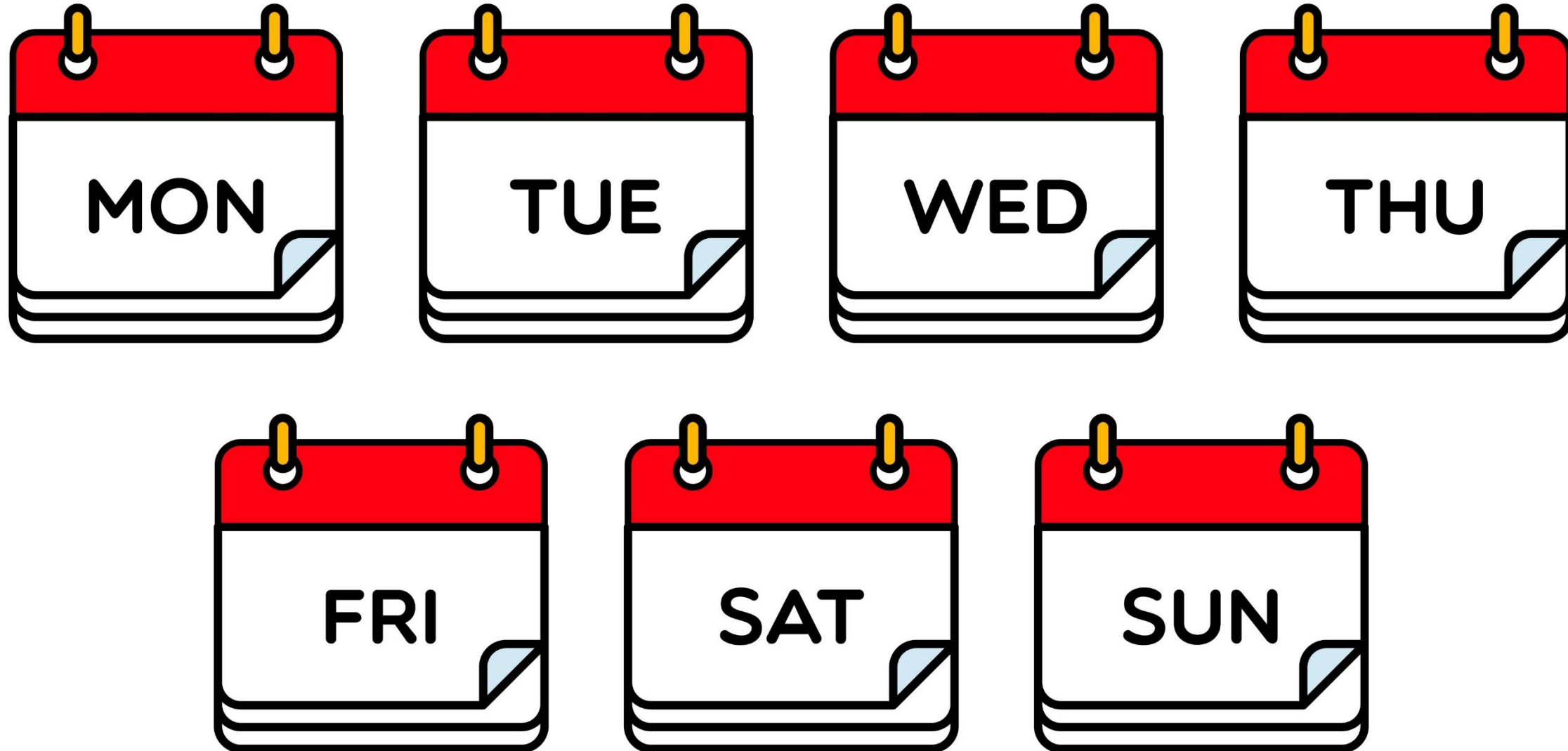
Track
progress



Accountability
partner



The Two-Day Rule



Never miss twice

Turning Habits into Growth



Small Actions, Big Impact



Reflection Moment



What's one small habit that would make the biggest difference for you this coming year?



Recap and Reminders



Goals set direction,
habits create
momentum

Create habit loops that
reward

Start small and focus
on daily actions

Form an identity of
who you want to
become

Stay consistent by...

- Stacking habits
- Adjusting your environment
- Tracking your progress
- Using an accountability partner

Never miss twice

And remember small actions
compound to big growth!

Thank You for Attending!



What is Your Key Takeaway?

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